



THE FRANKLIN Connection

Franklin Senior Center's Monthly Newsletter

OCTOBER
2021

The Franklin Senior Center

10 DANIEL MCCAILL ST.
FRANKLIN, MA 02038
PHONE: 508-520-4945
FAX: 508-520-4917

OPEN MON-FRI
8:30am- 4:00pm

<http://www.franklinma.gov/>

BEN'S BOUNTY GIFT SHOP 10AM-1PM



Common
Grounds

Café

BKFAST 8:30-10:30AM
Lunch 11:00-1:00PM



NOW OPEN
DAILY FOR
BREAKFAST &
LUNCH



PRESERVE YOUR GARDEN TOMATOES



Learn how to jar and preserve your garden tomatoes so you can enjoy them all year!

Participants will learn how to safely preserve tomatoes. Everyone receives one mason jar and canning directions for canning. The cost is \$10 per person. The workshop is presented by Therapy Gardens and will take place on Monday, November 1 at 10:30 AM. Call the Center at 508-520-4945 to sign up!

DIABETES PREVENTION PROGRAM

The YMCA's Diabetes Prevention Program and the Medicare Diabetes Prevention Program, is currently enrolling for Fall classes, scheduled to begin in early November. These classes will be available in-person at the Senior Center, or via Zoom.

This program is designed to support adults with prediabetes in reducing their risk for developing type 2 diabetes. This is accomplished through 25 sessions in a welcoming, small-group environment. Participants work together with a Y-USA trained Lifestyle Coach to learn about eating healthier and increasing their physical activity. This program is offered as a covered benefit by Medicare Part B and some Medicare Advantage Providers. To enroll, contact Donna at 508-643-5271 or Donnah@hockymca.org

HEALTH AND SAFETY UPDATE



As the Covid-19 pandemic continues, the health and safety of the Franklin Senior Center's seniors, volunteers and staff members remains our top priority. To keep our community as safe as possible, and to help ensure the ability to continue to conduct in-person programs and activities, effective **Monday, October 18th**, all entrants will be required to show proof of full vaccination against Covid-19 **OR** wear a mask. This policy will only apply to town-sponsored events and not private meetings for groups who reserve the building at night. Please contact the Center with any questions.

NOTE: The Senior Center will be closed on Monday, October 11th for Columbus Day.

DAILY ACTIVITIES...

MONDAY

9:00 AM

HAIRDRESSER/
BARBER
\$8 MEN/\$10
WOMEN

9:30 AM

ITALIAN
CONVERSATION
GROUP

MEXICAN TRAIN
DOMINOES

10:30 AM

POKER

1:00 PM

CHAIR VOLLEYBALL

BOOK DISCUSSION
(1ST MONDAY)

AMERICAN MAH
JONG

1:15 PM

MOVIE MATINEE

6:00 PM

CRIBBAGE

TUESDAY

9:00 AM

CRIBBAGE

9:30 AM

LOW IMPACT W/
SHIRLEY MAE \$3

BUSY BEES

10:00 AM

CHAIR EXERCISE W/
JUDITH
(VIA ZOOM)

HAND & FOOT
(CARDS)

MANICURES \$10
-EVERY OTHER WEEK
BY APPT.

COA MEETING
(2ND TUES)

11:00 AM

CARDIO, STRENGTH,
& BALANCE \$3
(HYBRID)

12:30 PM

LEGAL CLINIC
(3RD TUES)

1:00 PM

BINGO

MINDFUL
MOVEMENTS \$3
(HYBRID)

QUILTING

CRIBBAGE
INSTRUCTION

AUDIO BOOK CLUB /
LOW VISION
SUPPORT
(VIA PHONE)

CHESS (1ST & 3RD
TUESDAY)

WEDNESDAY

8:30 AM

BLOOD PRESSURE
& SUGAR TESTING

9:00 AM

WALKING GROUP

9:30 AM

SHINE HEALTH
INSURANCE
COUNSELING (By
Appt only)

9:45 AM

CHAIR YOGA \$3

10:00 AM

KNITTING
SCRABBLE
ASIAN MAH JONG

VETERANS COFFEE
SOCIAL (1st Wed)

11:00AM

ZUMBA \$3
(HYBRID)

1:00 PM

LINE DANCING \$2

CHAIR VOLLEYBALL

SENIOR SCRIBBLERS
(HYBRID)

HAIRDRESSER
\$8 mens/ \$10
women

FIBROMYALGIA
SUPPORT
(1st Wed)

BRIDGE

4:00 PM

ALZHEIMER'S
CAREGIVERS
SUPPORT
(2ND & 4TH WED)
HYBRID)

THURSDAY

8:30 AM

BLOOD PRESSURE &
SUGAR TESTING

SENIOR COFFEE
HOUR W/ STATE &
LOCAL OFFICIALS
(3RD THURS)

9:00 AM

CRIBBAGE

9:30 AM

BUSY BEES

BOCCE

LOW IMPACT W/
SHIRLEY MAE \$3

10:00 AM

VIRTUAL CHAIR W/
JUDITH (VIA ZOOM)

DISCUSSION GROUP
(HYBRID)

11:00 AM

CARDIO, STRENGTH,
& BALANCE \$3
(HYBRID)

12:00 PM

POKER

12:30 PM

OPEN ART STUDIO

1:00 PM

BINGO

TAI CHI \$3

TOURS OF THE
SENIOR CENTER
ARE AVAILABLE
ON TUESDAYS &
THURSDAYS:
9 AM TO 12 PM.

FRIDAY

8:30 AM

PODIATRY
CLINIC
(MONTHLY; CALL
FOR DATE)

10:00 AM

WOODCARVING

HAND & FOOT
(CARDS)

11:00 AM

POUND FITNESS
\$3 (HYBRID)

12:00 PM

T.O.P.S
TAKING OFF
POUNDS
SENSIBLY
(HYBRID)

1:00 PM

POKENO

POOL
INSTRUCTION

2:00 PM

SILVERTONES
CHORAL GROUP

*"Hybrid" events
are in-person, but
also available via
Zoom. Please call
the center for the
link to join!*



*Interested in
Playing
Pitch?*



*Call the
Center for
more info!*

OCTOBER EVENTS...

PAGE TURNERS BOOK CLUB Monday, October 4 at 1:00 pm. The group will discuss, "A Single Thread" by Tracy Chevalier. On Monday, November 1, the group will discuss, "Killers of the Flower Moon" by David Grann.

DISCUSSION GROUP Thursdays at 10:00 AM. The Thursday discussion group is designed to present an overview of current events. It is an informal group with a broad diversity of opinions and backgrounds. From time to time, guest speakers join the group. On Thursday, October 28, Franklin Health Director Cathleen Liberty will be present to introduce Franklin's new Public Health Nurse, Alisha Deptula and discuss the role of public health in our community. Come join us and present your opinions on what's happening! This group meets weekly in-person with a Zoom link also available.

NUTRITION TALK Wednesday, October 13 at 12:00 PM. A Nutritionist from Milford Regional Hospital will join Nurse Trish to discuss Heart Health and Diabetes. This presentation will be in-person at the Senior Center, with a Zoom link also available. Please call the Center to sign up.

RESTAURANTS AND BARS IN FRANKLIN Wednesday, October 13 at 1:00 PM. Joe Landry will share his collection of photos, highlighting such restaurants as the Main Street Diner, the Venice Cafe, and the Rome restaurant to name just a few! Please call the Center to sign up.

NAME THAT TUNE! Monday, October 18 at 11:30 AM. Join us in the Cafe during lunch to play the popular game show, Name that Tune!

BALANCE AND STABILITY CLASS with Nurse Trish begins on Thursday, October 14 at 11:00 AM and runs for 4 weeks (10/14, 10/21, 10/28, 11/4). Please call to sign up.

Franklin Matters Q&A Thursday, October 21 at 1:00 PM. Join Steve Sherlock at the Franklin Senior Center or on Zoom as he discusses all things Franklin. Bring your questions! To register for Zoom, email: shersteve@gmail.com

WRITING YOUR OWN OBITUARY with Alan Earls. Monday, October 18 & 25 at 1:00 PM. Write your own obituary! What might seem to be a grim exercise can actually be fun, satisfying and potentially very helpful to your survivors. Alan Earls, who began his writing career crafting obituaries at the Milford Daily News, will lead participants in two sessions. The first will introduce general guidelines for obit writing, outlining and some basic exercises – with the homework of drafting an obituary. The second session will offer editing suggestions and those interested can share their obits with the class! This class will be in-person with a Zoom link also available. Please call to sign up.

SENATOR RAUSCH COFFEE HOUR Monday, October 25 at 10:00 am via Zoom. Register in advance: <https://us02web.zoom.us/meeting/register/tZwrdepmqz8iGNMyPnVKnGOGVLkmRwzpN-BK>

FLU SHOTS Wednesday, October 27 from 9:00 AM to 12:00 PM. A free flu clinic will be held inside the Senior Center for Franklin residents. Pre-registration is required by calling Melissa at the Franklin Health Department at 508-553-4856.

EXPLORING NANTUCKET Tuesday, November 2 at 11:30 AM. Ranger Allen Reinhard will take us on a walking tour of Nantucket via Zoom, followed by discussion. Zoom from home, or watch from the Senior Center. To join, email: adogett@franklinma.gov.

ESTATE PLANNING Wednesday, November 3 at 11:00 AM. Attorney Jennifer Taddeo will discuss basic estate planning questions including: What is probate and should I worry about it? How do I hire my own estate planner? What should I discuss with my family? Please submit any questions that you have in advance to mhynes@franklinma.gov. This free event will be available in-person and on Zoom. Please call to sign up.

VETERANS DAY LUNCHEON Thursday, November 11 at 11:00 AM at the Franklin Senior Center. Speaker, Major General William S. Chen, will discuss the heroic sacrifices and achievements of Chinese-American World War II Veterans. RSVP by calling the Center at 508-520-4945 before November 1.

CAREGIVERS CORNER...



THE SUNSHINE CLUB offers frail elders individual attention and socialization. Fun activities, lively discussions and gentle exercises make for a stimulating day. For more information, call Ariel Doggett or Donna Haynes.

COMPANION CARE The Companion Care Program provides regularly scheduled, in-home respite for caregivers. If you are a caregiver and would like to know more about this program, please call Ariel Doggett, or email adoggett@franklinma.gov.

MEMORY CAFE Memory Cafés are a comfortable, social gathering that allow people experiencing memory loss and a loved one to connect, socialize, and build new support networks. Franklin Senior Center's *Where's The Toast?* Memory Cafe will meet in-person on Wednesday, October 20 at 1:00 PM. Entertainer Johnny Diamond will perform his "vintage classics" which includes FIVE DECADES of HIT SONGS from the 40's/50's/60s/70s/80's. Call Ariel at 508-520-4945 for more information.

ALZHEIMER'S CAREGIVERS SUPPORT GROUP Supports caregivers caring for loved ones with Alzheimer's or dementia. On-site respite care is available if needed. To join, email Elaine Owens at: elaine.owens@verizon.net, or call the Center for more information. The group will meet:

Wednesday, Oct. 13 at 4:00 p.m. & Wednesday, Oct. 27 at 4:00 p.m.

LOW VISION & HEARING SUPPORT

AUDIO BOOK CLUB

Saturday, October 10 at 1:00 PM The book club will visit the Franklin Historic Museum for a presentation by author Steven Puleo on his 8th book, "Voyage of Mercy."

Tuesday, October 12 at 1:00 PM The book club will meet via conference call (508-206-8603) to discuss Steven Puleo's presentation at the Historical Museum.

Tuesday, October 26 at 1:00 PM The book club meets via conference call (508-206-8603) to discuss the October book selection, "Voyage of Mercy," by Steven Puleo.

HEARING SUPPORT GROUP

Wednesday, October 13 at 1:00 PM Welcome back celebration in-person at the Senior Center to share ideas for the group for the upcoming year.

For more information on joining any of these programs, or for assistance with Low Vision & Hearing Support, call Maggie at 508-520-4945.

UPCOMING & ONGOING....

- **The Busy Bee Holiday Fair** is planned for Tues, Dec 7th & Thurs, Dec 9th from 10 AM to 2 PM.
- **Tech help** is available! Ryan, a Franklin High School student, is available after school for one-on-one appointments in the computer lab. Call the center for more information.
- **Dean College** invites seniors to observe virtual classes at Dean this Fall semester. Email Mary at rhynes@franklinma.gov for more information.
- **Fitness Room:** Interested in using the exercise equipment? Stop by the front desk to complete the necessary paperwork and schedule a fitness room orientation with Nurse Trish.
- **Voting:** Town Clerk Nancy Danello will be at the Senior Center on Tuesday morning, October 26th to provide information about the voting process and answer any questions you may have!

INFORMATION & REFERRAL

FUEL ASSISTANCE APPLICATIONS NOW AVAILABLE and income eligibility guidelines for this year are as follows: 1 person household, up to \$40, 951 gross annual income; 2-person household, up to \$53, 551 gross annual income; 3 person household, up to \$66,151 gross annual income. If you think you would like to apply for Fuel Assistance this season, or get assistance with re-application, please call Maggie Gundersen at 508-520-4945.

NEWS FROM SHINE (SERVING THE HEALTH INFORMATION NEEDS OF EVERYONE)

It's that time of year... if you have a Medicare Part D Prescription Drug or Medicare Advantage plan, your plan will mail you a document called the Annual Notice of Change (ANOC) by the end of September. The ANOC is a summary of changes to your plan for 2022. Your costs (premiums, deductibles, and copays), covered medications, and provider networks may change from year-to-year. Make sure you read this important document and think about whether your plan will continue to meet your needs. If you do not receive it in the mail, call your plan and request another copy. If you would like to change your plan for 2022, you may do so during the annual Medicare Open Enrollment Period. You may make changes to your coverage **between October 15th and December 7th**, and the changes will take effect January 1st. SHINE counselors can help you to understand changes to your current plan, as well as discuss other options you may have. Don't wait: if you would like to meet with a SHINE counselor during open enrollment, make your appointment early! To make an appointment, call the Senior Center, or contact the Central Mass SHINE Regional Office at 508-422-9931 or by email at info@shinema.org.

THE PFIZER COVID-19 BOOSTER The following individuals are eligible for the Pfizer COVID-19 booster at least six months after their second dose: Individuals 65 years of age and older; Individuals 18-64 years of age at risk for severe COVID-19 due to certain underlying medical conditions as defined by the CDC; Individuals 18-64 years of age who are at increased risk for COVID-19 because of occupation or institutional settings. To find a location and/or make an appointment for the initial COVID-19 vaccine or Pfizer booster: **Visit the Vaxfinder tool** at vaxfinder.mass.gov for a full list of hundreds of locations to receive a booster.

For individuals who are unable to use Vaxfinder, or have difficulty accessing the internet, the **COVID-19 Vaccine Resource Line** is available Monday through Friday from 8:30 AM to 6:00 PM, Saturday and Sunday 9AM-2PM by **calling 2-1-1** and following the prompts.

The Pfizer COVID-19 booster is safe, effective, and free. Individuals do not need an ID or health insurance to access a booster. Additional information on the COVID-booster, including FAQs, can be found at mass.gov/COVID19booster. Individuals can check if they are eligible for a booster using the eligibility tool at mass.gov/BoosterCheck.

THANK YOU!..

- **Clare Flynn** for a generous donation in memory of **Mary Lou Degnim**
- **The Friends of Franklin Elders** for funding the entertainment at the Harvest Jazz Brunch
- **Lynda DeCarlo** for a generous donation
- **Norfolk County District Attorney Michael Morrissey** for sponsoring last month's free shredding day
- **The Franklin Cultural Council** and the **Massachusetts Cultural Council** for funding last month's Southeastern Ma Community Band Concert

MONDAY MOVIE MATINEE

Oct 4.....Little Shop of Horrors starring Rick Moranis

Oct 11.....Center Closed

Oct 18.....Cry Macho starring Clint Eastwood

Oct 25.....Phantom of the Opera starring Gerard Butler

**Movies start at 1:15 PM.
Complimentary popcorn will be served!**



FRIENDS OF FRANKLIN ELDERS, INC.

DONATIONS

The Friends of Franklin Elders, Inc. (FOFE) is a private, non-profit organization whose purpose is to provide funds for programs, services, and equipment for the Franklin Senior Center that cannot be provided by state or local government. The Friends raise funds through membership fees, donations, and special events. Our next meeting is scheduled for **Friday, Oct. 22 at 9:30 a.m.** The public is welcome to attend.

JoAnn Wright, President
Nan Rafter, Vice President
Julie Garilli, Treasurer
Margie Lane, Secretary

Carole Ellsworth, Judy Pfeffer, Marge Capezza, Helen Power,
Paula Lombardi, Pam Spicer

- **Barbara Murphy** for a generous donation in memory of **Philbert Bourgeois**
- **Maureen Murphy** for a generous donation in memory of **Pearce "Pat" Murphy**
- **Pat and Tom Seery** for a generous donation in memory of **Madeline Faenza**
- **Denise and Tony Carmignani** for a generous donation
- **The Silvertones** for a generous donation in memory of **Madeleine Faenza**



VETERANS' SERVICES OFFICE

October 2021 – VSO Notes

Veterans' Services – (508) 613-1315



October 6 – Veterans' Monthly Coffee Social – 10:00 a.m. at the Senior Center
We will welcome Shannon Nisbett, our new Veterans' Services Officer and Franklin Board of Health Director Cathleen Liberty will provide Covid-19 updates.

October 7 – Veteran Suicide Prevention "Virtual" Roundtable sponsored by Home Base – 11:00 a.m.
Call the VSO for more info.

October 13 – U.S. Navy's 246th Birthday

October 21 – Veterans' Council Meeting – 7:00 p.m. at the Senior Center. All members of the community are invited.

October 26 – National Day of the Deployed annually honors United States military personnel deployed around the globe. The designation recognizes all of the brave military personnel who have been deployed, are sacrificing, or have sacrificed their lives to defend our country.

Save the Date...The Veterans' Day Luncheon is scheduled for Thursday, November 11 at 11:00 a.m. at the Senior Center. The number of attendees will be limited due to Covid-19 restrictions. Reservations are required. Call Mary at: (508) 520-4945 to RSVP by November 1.

Veterans and Dependents – If you are a veteran or immediate family member of a veteran, please contact our office to find out if there may be any veterans' benefits or privileges available. Please visit our webpage at:

<https://www.franklinma.gov/veterans-services>

F.O.F.E. MEMORIAL DONATION

Your Name

Address

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MAIL TO:

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RECENT REVIEWS

"We had a fantastic experience with Warren. He was very attentive and listened. With his help we listed higher than 3 other realtors recommended and got our asking price! I am beyond thrilled!" KA

"Having used Warren to sell 8 houses, I can't say enough about his professionalism. He is extremely responsive and works hard to follow the sale to the end. You won't be disappointed." PW

See reviews, Warren's recent sales and learn more at 02038.com.

Berkshire Hathaway HomeServices Commonwealth • Warren Reynolds, Esq. • 508-561-6259

FRANKLIN COUNCIL ON AGING

Officers:

Chairman.....Bob Crowley
Vice-Chairman..... Ron Higginbottom
Secretary.....Lyn O'Brien

Members:

Faith Flaherty, Mary Hick, Jan Jewett, Janet
Millici, Ken Norman, Lester Quan

Staff:

DirectorErin Rogers
Program Coordinator.....Sue Barbour
Social Svc. Coordinator.....Maggie Gundersen
Administrative Assistant.....Mary Hynes
Respite Coordinator.....Ariel Doggett
Supportive Day Coordinator.....Donna Haynes
Wellness Nurse.....Trish Collatos
Grill Cook.....Paul Ledwith
Veterans' Services Officer.....Shannon Nisbett
Veterans' Services Assistant.....Debra Martin
Public Health Nurse.....Alisha Deptula

**The Franklin Connection is distributed with
funds provided by the Executive Office
of Elder Affairs, and the Friends of
Franklin Elders, Inc.**

Friends of Franklin Elders, Inc.
c/o Franklin Council on Aging
10 Daniel McCahill Street
Franklin, MA 02038

Pre-Sorted
Standard
Franklin, MA
Permit No. 13

Franklin Senior Center

"Independence, Engagement & Connection!"

*The Franklin Council on Aging meets on the second Tuesday of the month at
10 :00 a.m. This is an open meeting; the public is invited to attend.*

*The mission of the Franklin Council on Aging is to enhance the independence and
quality of life for Franklin older adults by:*

- ◆ *Identifying the needs of this population and creating programs that meet
those needs.*
- ◆ *Offering the knowledge, tools and opportunities to promote mental, social and
physical well-being.*
- ◆ *Advocating for relevant programs and services in our community.*
- ◆ *Serving as a community focal point for aging issues and as liaison to local,
state and Federal resources for older adults and their families.*

AND ON THE LIGHTER SIDE.....

ONE-LINERS

- ◆ I used to be indecisive. Now I'm not sure.
- ◆ I always take life with a grain of salt. Plus, a slice of lemon. And a shot of tequila.
- ◆ Always borrow money from a pessimist. He won't expect it back.
- ◆ The easiest time to add insult to injury is when you're signing somebody's cast.
- ◆ I'm skeptical of anyone who tells me they do yoga every day. That's a bitch of a stretch.
- ◆ Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
- ◆ I don't have a girlfriend. But I know a girl that would get really mad if she heard me say that.
- ◆ Woman should not have children after 35. Really, 35 children are enough.
- ◆ People who use selfie sticks really need to have a good, long look at themselves.
- ◆ Just burned 2,000 calories. That's the last time I leave brownies in the oven while I nap.
- ◆ The last thing I want to do is hurt you; but it's still on the list.
- ◆ The man who invented Velcro has died. RIP.

